

## Consent Form

Title of Research Study: Childhood Unpredictability, Emotion Regulation, and Childhood Schemas: A Measurement and Predictive Modeling Approach

### Investigator Team Contact Information: *Madeline Harms, Ph.D.*

For questions about research appointments, the research study, research results, or other concerns, call the study team at:

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**Supported By:** This research is supported by the University of Minnesota Duluth.

## Key Information About This Research Study

The following is a short summary to help you decide whether or not to be a part of this research study. More detailed information is listed later on in this form.

### What is research?

- The goal of research is to learn new things in order to help people in the future. Investigators learn things by following the same plan with a number of participants, so they do not usually make changes to the plan for individual research participants. You, as an individual, may or may not be helped by volunteering for a research study.

### Why am I being invited to take part in this research study?

We are asking you to take part in this research study because you are an adolescent aged 14-17 located in the United States. You are also an English-speaking student at El Camino Real Charter High School.

### What should I know about a research study?

- Someone will explain this research study to you.
- Whether or not you take part is up to you.
- You can choose not to take part.
- You can agree to take part and later change your mind.
- Your decision will not be held against you.
- You can ask all the questions you want before you decide.

### Why is this research being done?

The purpose of this research is to learn more about the impacts of childhood environments on mental health outcomes during adolescence and adulthood. This research aims to understand how childhood experiences contribute to emotional and psychological development. We also aim to better recognize how adolescents and adults respond differently to surveys to improve the accuracy

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of psychological research.

Example questions about childhood upbringing:

My family life was generally inconsistent and unpredictable from day-to-day (1: strongly disagree – 7: strongly agree)

When I left my house I was never quite certain what would happen in my neighborhood (1: strongly disagree – 7: strongly agree)

### How long will the research last?

We expect that you will be in this research study for 20-25 minutes.

### What will I need to do to participate?

You will be asked to fill out a questionnaire asking questions related to childhood environments and mental health.

***More detailed information about the study procedures can be found under*** “What happens if I say yes, I want to be in this research?”

### Is there any way that being in this study could be bad for me?

Although participants are not expected to feel discomfort associated with the study, questions regarding early life experience will be asked. Consequently, this may lead to feelings of discomfort or may provoke uncomfortable memories for some individuals. Participants can choose to not answer questions or participate in study activities that make them uncomfortable. Again, participants are free to withdraw from the study for any reason.

There is some risk of a data breach involving the information we have about you. We comply with the University’s security standards to secure your information and minimize risks, but there is always a possibility of a data breach. To protect against this risk, participants will complete the surveys anonymously. All data will be coded with a number that is not associated with personally identifying information. This data will be securely stored in an encrypted and password protected file that is only accessible by the investigators.

### What happens if I do not want to be in this research?

There are no known alternatives, other than deciding not to participate in this research study.

## ***Detailed Information About This Research Study***

The following is more detailed information about this study in addition to the information listed above.

### How many people will be studied?

We expect about 600 people here will be in this research study out of 1,200 people in the entire study nationally.

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### **What happens if I say “Yes, I want to be in this research”?**

After consenting to participate in the study, you will be asked to complete a survey during through Qualtrics. The survey should take about 25 minutes and can be completed on your own device.

### **What happens if I say “Yes”, but I change my mind later?**

You can leave the research at any time and it will not be held against you. If you decide to leave the research, contact the investigator so that the investigator can help you safely withdraw from the study. Choosing not to be in this study or to stop being in this study will not result in any penalty to you or loss of benefit to which you are entitled. Meaning, your choice not to be in this study will not negatively affect your relationship with the University of Minnesota or El Camino Real Charter High School.

At any time, you may decide to withdraw from the study. If you withdraw, no more information will be collected from you. When you indicate that you wish to withdraw, the information already collected from you will be used in the study because they will not be able to remove it from the information they have gathered.

### **What are the risks of being in this study? Is there any way being in this study could be bad for me? (Detailed Risks)**

Although participants are not expected to feel discomfort associated with the study, questions regarding early life experience will be asked. Consequently, this may lead to feelings of discomfort or may provoke uncomfortable memories for some individuals. Participants can choose to not answer questions or participate in study activities that make them uncomfortable. Again, participants are free to withdraw from the study for any reason.

There is some risk of a data breach involving the information we have about you. We comply with the University’s security standards to secure your information and minimize risks, but there is always a possibility of a data breach. To protect against this risk, participants will complete the surveys anonymously. All data will be coded with a number that is not associated with personally identifying information. This data will be securely stored in an encrypted and password protected file that is only accessible by the investigators.

### **Will it cost me anything to participate in this research study?**

There will be no cost to you for any of the study activities or procedures.

### **What happens to the information collected for the research?**

Efforts will be made to limit the use and disclosure of your personal information, including research study and medical records, to people who have a need to review this information. We cannot promise complete confidentiality. Organizations that may inspect and copy your information include the Institutional Review Board (IRB), the committee that provides ethical and regulatory oversight of research, and other representatives of this institution, including those that have responsibilities for monitoring or ensuring

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compliance.

We may publish the results of this research or sharing the resulting data. However, we will keep your name and other identifying information confidential.

### Whom do I contact if I have questions, concerns or feedback about my experience?

To reach the research team: Please see the “Investigator Contact Information” section at the beginning of this form.

To reach someone outside of the research team: This research has been reviewed and approved by an IRB within the Human Research Protections Program (HRPP). To share feedback privately with the HRPP about your research experience, call the Research Participants’ Advocate Line at 612-625-1650 (Toll Free: 1-888-224-8636) or go to [z.umn.edu/participants](https://z.umn.edu/participants). You are encouraged to contact the HRPP if:

- Your questions, concerns, or complaints are not being answered by the research team.
- You are having difficulty reaching the research team.
- You want to talk to someone besides the research team.
- You have questions about your rights as a research participant.
- You want to get information or provide feedback about this research.

### Will I have a chance to provide feedback after the study is over?

The HRPP may ask you to complete a survey that asks about your experience as a research participant. You do not have to complete the survey if you do not want to. If you do choose to complete the survey, your responses will be anonymous.

If you are not asked to complete a survey, but you would like to share feedback, please contact the study team or the HRPP. See the “Investigator Contact Information” of this form for study team contact information and “Whom do I contact if I have questions, concerns or feedback about my experience?” of this form for HRPP contact information.

### Will I be compensated for my participation?

You will be entered into a drawing to win one of 50- \$20 Amazon gift cards for your participation in this study; the odds of winning are 1 in 12. To receive compensation, you must complete at least 70% of the survey and pass 50% of the attention checks. Participants who do not pass attention checks or fail to complete at least 70% of the survey will not receive compensation. All payments will be given directly to you.

### Consent Statement

Checking the “Yes, I agree to participate” option below will document your permission for you and the named child to take part in this research.

You may print this document for your future reference. Please contact us if you have questions.

Yes, I agree to participate

No, I do not wish to participate.

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